



## What is the purpose of Reflective Supervision/Consultation (RSC)?

Reflective supervision/consultation refers specifically to work done in the infant/family field on behalf of the infant/toddler's primary caregiving relationships. It is a shared exploration of the parallel process, i.e., attention to all the relationships, including that between practitioner and parent, between parent and infant/toddler, and between practitioner and supervisor. It is critical to understand how each of these relationships affects the others. Of additional importance, by attending to the emotional content of the work and how reactions to the content affect the work, RSC promotes professional and personal development within one's discipline. Finally, there is often greater emphasis on the supervisor/consultant's ability to listen and wait, allowing the practitioner to discover solutions, concepts and perceptions on his/her own.

## Why is Reflective Supervision/Consultation Important?

Reflective practice helps you:

- Become self-aware and monitor your reactions
- Identify the connections among your thoughts, feelings, and behaviors, and disentangle them from your interpretations of others
- Challenge your own assumptions
- Recognize what is working well and what is not
- Enhance your practice

It is important to remember that the quality of the supervisor-practitioner relationship is the foundation for reflective supervision and consultation. All growth and discovery about the work and oneself takes place within the context of this trusting relationship. To the extent that the supervisor/consultant and practitioner(s) are able to establish a secure relationship, the capacity to be reflective will flourish.

## What do people say about Reflective Supervision/Consultation?

“When it’s going well, supervision is a holding environment, a place to feel secure enough to expose insecurities, mistakes, questions and differences.” Rebecca Shahmoon Shanock (1992).

Reflective supervision is “the place to understand the meaning of your work with a family and the meaning and impact of your relationship with the family.” Jeree Pawl, public address. “Do unto others as you would have others do unto others.” Jeree Pawl (1998).



### Reflective Practice:

Exploration  
Self-awareness  
Wondering  
Thoughtfulness  
Openness  
Sharing  
Trust  
Collaboration  
Partnering  
Discovery  
Growth



### WA-AIMH Affiliates:

